



Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children

Resource List for Module 1: Introduction to Bite Size and Meal Pattern Overview

This document contains the resources highlighted in the Connecticut State Department of Education's (CSDE) Bite Size module 1: Introduction to Bite Size and Meal Pattern Overview.

Bite Size: Meeting the CACFP Meal Patterns for Children (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

CACFP Best Practices (U.S. Department of Agriculture (USDA):

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_factBP.pdf

CACFP Halftime: Thirty on Tuesday Training Webinars (Institute of Child Nutrition (ICN)):

<https://www.fns.usda.gov/tn/halftime-cacfp-thirty-thursdays-training-webinar-series>

CACFP Meal Pattern Training Slides (USDA webpage):

<https://www.fns.usda.gov/tn/meal-pattern-training-slides-cacfp>

Education and Training Resources for CACFP Professionals (ICN):

<https://theicn.org/cacfp>

Final Rule: Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (USDA):

<https://www.federalregister.gov/documents/2016/04/25/2016-09412/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>

Final Rule: Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program (USDA):

<https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program>

Meal Pattern Requirements for CACFP Child Care Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/GuideCACFPMealPatterns.pdf>

Meal Patterns for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#WaterAvailability>

Offering Water in the USDA Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/offering-water-cacfp>

Online Training: CACFP Optional Best Practices (ICN webpage):

<https://theicn.docebosaa.com/learn/course/external/view/elearning/75/cacfp-optional-best-practices>

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Program Guidance for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-CACFP-Child>

Resources for the CACFP Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/ResourcesCACFPMealPattern.pdf>

Water Availability (CSDE's Meal Patterns CACFP Child Care Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#WaterAvailability>

The CSDE's Bite Size is a series of recorded training modules that provide information on the meal pattern components and crediting requirements of the USDA's CACFP meal patterns for children. To access the Bite Size training modules and resources, visit the [Bite Size](#) section of the CSDE's Meal Patterns for CACFP Child Care Programs webpage.

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- (3) email: program.intake@usda.gov.

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